

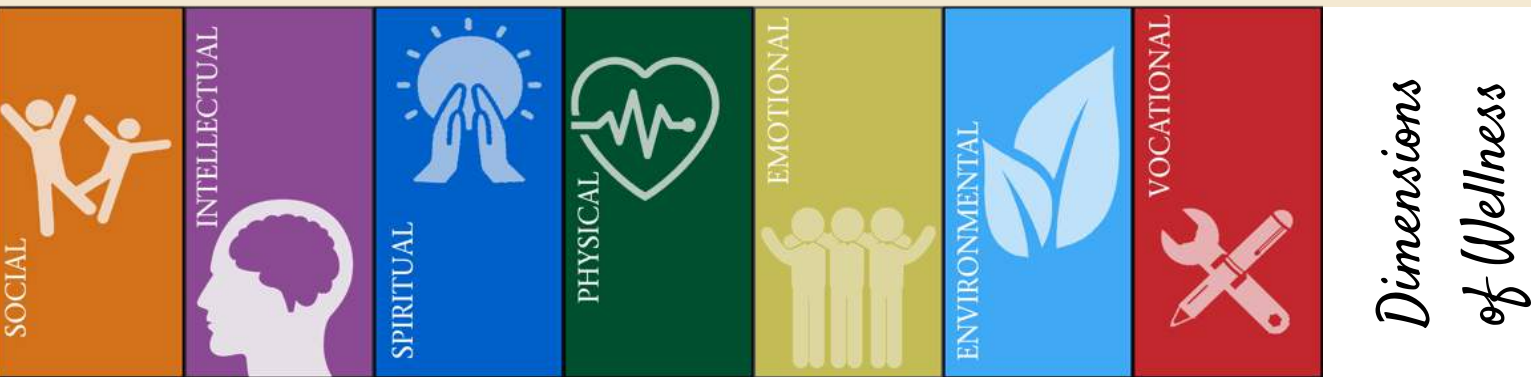
Focus on Wellness

April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body – physically, mentally and emotionally.

Some ways we can aim to better cope with everyday stressors include:

- Learn to overcome issues you cannot change
 - Realize when you do or do not have control
- Take care of yourself physically (diet, exercise, sleep, schedule, etc.)
- Recognize when you need more help & talk to a trusted source

Providence Place has resources for team members & residents, talk to your manager for information.



Resident Birthdays

April

Catherine Hildebrand
Betty Porpiglia
Joseph Lipka
RoseAnn Warner
Catherine Thomas
Angela Capece
Emma Stasko
Jane Heisey

Carol Kubitz
Stephanie Liva
Bernadine Marusak
George Gombeda
Agnes Juris
Katalin Czukrasz

May

Mildred Bogash
Barbara Zahay
Judith Schraeder
Gary Edick
Anthony Tomaselli
Rosemary Acri
Violet Nicholas
Charles Morris Swartley
Jeanette Micene

June

Helen George
Joanne Bard
Alfred Carl
Sandra Seymour
Grace Suda
Elizabeth Duffy
Raymond Niedzwiecki
Jane Zinn
Lois Ecker
Joan Conway
Lillian Curry
Barbara Warakomski



Providence Place SENIOR LIVING News

Q2: April 2023

A Note from the Executive Director

Warmer days have finally arrived here in Drums. Our residents are taking full advantage and sitting on the porch and walking around our beautiful walking path.

We have a lot of exciting events planned over the next few months -- we have started preparations for our big summer party which will be June 24th, make sure to save the date!

Our brunch events have been a huge success and a great opportunity to meet resident's families. A list of our monthly brunches for the rest of the year is available at our reception desk and we are taking reservations.

Thank you to all the staff, residents and families who continue to support us and our entire community. As always, myself and my team are available for comments, ideas and concerns.

Stay Healthy, Think Spring!

Sincerely,

Melissa Jacoby

Executive Director

Highlighted Events

- 2 – **Children's Easter Egg Hunt**
@ 2pm – Families Welcome!
- 5 – **Musical Entertainment:** John Stevens Polka Band @ 2:30pm
- 9 – **Easter Brunch** @ 10:30am – 12:30pm
- 15 – **New Resident "Dips & Daiquiris" Mixer** @ 2:30pm
- 19 – **Resident Volunteer Appreciation Social** @ 2:30pm
- 22 – **EdU Presentation:** Hawks & Falcons @ 1:30pm
- 26 – **Diner's Lunch Caravan:** Cracker Barrel
- 27 – **Dementia Support Group**
@ 6pm – Connections

Welcome New Residents

Mildred B.
Dolores M.
Mary M.



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.



To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at Info@Prov-Place.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:45 Bingo (3rd) 6:30 Jenga (1st)</p>	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (OOB) Out of Building, (FP) Front Porch, (SR) Sunroom, (DR) Dining Room, (Ch) Chapel, (1st) First Floor, (2nd) Second Floor, (3rd) Third Floor, (ML) Meet in Lobby, Café (C), Connections (CN)</p>	<p>THE</p> <h1>Club</h1>			<h1>April</h1> <h1>2023</h1>	<p>1</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 10:30 April Fool's Fact or Foolery (2nd) 1:30 TED Talk & Discussion: <i>What Makes You Special?</i> (3rd) 2:00 Helping Hands Club: Fill Eggs For Children's Easter Egg Hunt (3rd) 3:30 Manicures and Hand Massages (2nd) 6:30 Rummikub (1st)</p>
<p>2</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Zumba With Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Palm Sunday Worship Service (Ch) 2:00 Children's Easter Egg Hunt (OOB) 6:30 Jenga (1st)</p>	<p>3</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 10:00 Yoga Fitness by Bill Krings (Ch) 10:00 Bridge Club (3rd) 1:30 Famous Birthday Spotlight: Marlon Brando (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>4</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:30 Spring Tie Dye Shirts (2nd) 3:30 Spring Cleaning Puzzle Challenge (C) 6:30 Scrabble (1st)</p>	<p>5</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Cooking Club: Easter Pies Prep (C) 1:30 Circle of Friends (SR) 2:30 Musical Entertainment By John Stevens Polka Band (DR) 3:30 National Walking Day: Take a Walk Around Providence (ML) 6:30 Dominoes (1st)</p>	<p>6</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Sit & Be Fit Exercise (2nd) 10:00 Mass with Father Mike (DR) 10:30 Cooking Club: Easter Pies (C) 1:30 Manicures & Hand Massages (2nd) 2:30 TV Classics: America's Funniest Home Videos (CN) 3:30 Brain Games (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>7</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Craft Club: Spring Showers Door Hanger (2nd) 1:30 Cooking Club: Hot Cross Buns (CN) 3:00 Stations of the Cross (Ch) 6:30 Boggle (1st)</p> <p style="text-align: center;">Good Friday</p>	<p>8</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 12:30 Easter Egg Dying (CN) 2:30 iN2L: History of Easter (CN) 3:30 Easter "Peeps" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>
<p>9</p> <p>9:00 TV Catholic Mass (3rd) 10:00 "Scrambled Eggs" Word Game (1st) 10:30 Chair Tai Chi Exercise (2nd) 10:30-12:30 Easter Brunch (DR) 1:30 Easter Service with Chap. Bev (Ch) 2:30 Musical Entertainment By Windfall (DR) 6:30 Jenga (1st)</p> <p style="text-align: center;">Easter</p>	<p>10</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 Taste of Spring: Fruit Smoothies (CN) 3:30 National Siblings Day: Reminiscing (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>11</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Manicures & Mocktails (3rd) 2:30 Finish The Lyrics (CN) 3:30 Guess the Cartoon Captions (2nd) 6:30 Scrabble (1st)</p>	<p>12</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 iN2L Destination Discovery: Israel - The Western Wall (3rd) 1:30 Circle of Friends (SR) 2:30 Cooking Club: Lemon Bars (CN) 4:00 March Birthday Celebration (DR) 6:30 Dominoes (1st)</p>	<p>13</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Music Therapy with Cynthia (CN) 1:30 Hymn Sing (Ch) 2:00 Drum To Your Own Beat Drumming Class with Joe Ciavella (2nd) 2:45 Bingo (3rd) 6:30 Pinochle Players Club (3rd)</p>	<p>14</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Cooking Club: Falafel (C) 2:30 Ed-U Presentation: <i>Colonial Philadelphia</i> By Joe & Dolores McDevitt (3rd) 3:00 Universal Yums (CN) 6:30 Boggle (1st)</p>	<p>15</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 12:30 Garden Club: Flower Planting (CN) 2:30 Manicures and Hand Massages (CN) 3:30 Trivia Challenge (1st) 6:30 Rummikub (1st)</p>
<p>16</p> <p>9:00 TV Catholic Mass (3rd) 10:00 Companion K-9 Visit With "Harvey" (1st) 10:30 Chair Tai Chi Exercise (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:30 Ice Cream Sundaes (CN) 6:30 Jenga (1st)</p>	<p>17</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 "Campus Store" Cart (2nd) 2:30 Music 101: Sounds of Israel (3rd) 3:30 Finish the Phrase (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>18</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 10:00 Daily Prayer & Meditation (Ch) 10:30 Stretch Exercise (2nd) 1:00 Prayer Service & Communion (Ch) 1:30 Interactive Music Class With Cynthia Ritchey (2nd) 2:45 Bingo (3rd) 6:30 Scrabble (1st)</p>	<p>19</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 All About April Trivia (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 10:30 Balance in Action Exercise By Carrie of Powerback Rehab (2nd) 2:00 Musical Entertainment by Noreen Greggory (CN) 4:00 Destination Discovery Dinner: Tastes of Israel (DR) 6:30 Dominoes (1st)</p>	<p>20</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 1:30 Hymn Sing (Ch) 12:30 Water Color Painting (CN) 2:00 Entertainment by Joe Stanky (CN) 3:00 Cranium Crunches (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>21</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 10:30 Forest Funnies (2nd) 1:30 Dealing with Loss Support Group (SR) 2:30 Craft Club: Spring Bouquets 6:30 Boggle (1st)</p>	<p>22</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 12:30 Earth Day Flower Planting (CN) 2:30 Helping Hands: Earth Day Clean Up Around Providence Place (ML) 4:00 Magazine Scavenger Hunt (1st) 6:30 Rummikub (1st)</p> <p style="text-align: center;">Earth Day</p>
<p>23</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:00 TV Catholic Mass (3rd) 10:00 Finish the Lyrics (2nd) 10:30 Chair Zumba with Alyson Cara (2nd) 11:00-1:00 Wine & Dine (DR) 1:30 Worship Service with Chap. Bev (Ch) 2:30 Craft Club: Chalk Board Crafting (CN) 6:30 Jenga (1st)</p>	<p>24</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Rosary (Ch) 10:00 Yoga Fitness by Bill Krings (Ch) 1:30 Bible Study with Deacon Bob (DR) 2:30 Name That Song (CN) 3:30 Red or Black Card Game (2nd) 6:30 Pinochle Players Club (3rd)</p>	<p>25</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Stretch Exercise (2nd) 10:30 Today in History (2nd) 1:00 Prayer Service & Communion (Ch) 2:30 Craft Club: Spring Portraits (CN) 3:00 Fireside Chat (1st) 6:30 Scrabble (1st)</p>	<p>26</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Balance in Action Exercise (2nd) 10:00 Prayer Service with Chap. Bev (Ch) 1:30 Circle of Friends (SR) 2:30 Ed-U Presentation: <i>Israel — The Holy Land</i> By Terry Neumyer (3rd) 3:30 ReMemory: Your Story (2nd) 6:30 Dominoes (1st)</p>	<p>27</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Daily Prayer & Meditation (Ch) 10:00 Sit & Be Fit Exercise (2nd) 10:30 iN2L: Destination Discovery: Israel: Dead Sea (3rd) 1:30 Hymn Sing (Ch) 2:00 Thirsty Thursday: Root Beer Floats (CN) 6:30 Pinochle Players Club (3rd)</p>	<p>28</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Hand Weights Strength Exercise (2nd) 10:00 Bible Study with Chap. Bev (Ch) 1:30 Helping Hands: Spring Cleaning (CN) 3:00 Craft Club: Homemade Birdfeeders (CN) 3:30 Animal World: San Diego Zoo Primate Cam (3rd) 6:30 Boggle (1st)</p>	<p>29</p> <p>9:00 Daily Chronicle/Inspiration (2nd) 9:30 Pedal Exercise (2nd) 10:00 Rosary (Ch) 12:30 iN2L: This or That (CN) 2:00 Matinee: Singin' in the Rain (2nd) 3:30 "April Showers" Super Happy Hour (1st) 6:30 Rummikub (1st)</p>